



# Handshakes



Purpose: The art of shaking hands should be taught before students develop bad habits.

Activity Duration: 15 minutes

Materials:

- None

Preparation:

- Explain the importance of shaking hands as an introduction to new people.

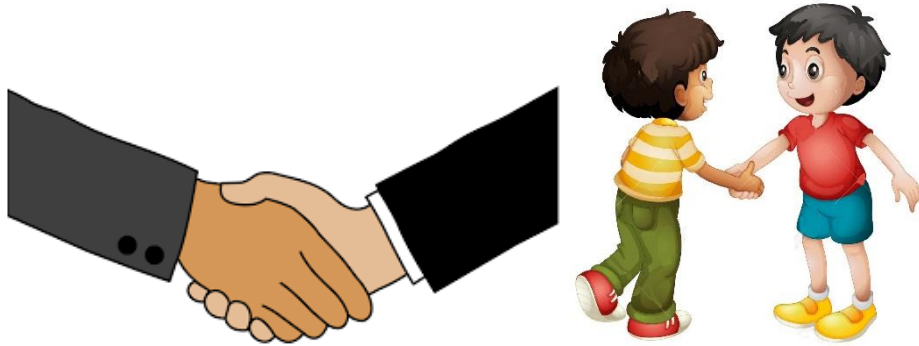
Activity:

- Read the steps below on good handshaking habits and practices.
- Have mentor and mentee work on handshaking together.
- Once the mentee has mastered the handshake have all the mentees stand in a circle. The mentors will be inside the circle and will shake hands with each student moving from one student to the next.

Handshaking Steps:

1. Make eye contact before you begin moving your hand to shake.
2. When you are close enough, reach out your right hand with a slight bend in the elbow and your thumb pointed to the ceiling.
3. Smile gently as you reach out your hand to your partner.
4. Focus on the webbing of your hand, between your thumb and pointer finger, and aim the webbing of your hand towards the webbing of your partners hand.
5. Once your hands lock together, squeeze your partners hand firm but not hard. Picture holding a gallon of milk, this should be how firm your hand should be when shaking hands.
6. Give three up-and-down shakes that only travel 1-2 inches up and 1-2 inches down.
7. Keep eye contact the entire handshake until you let go and keep a gentle smile on your face.
8. Release hands, put your hand down to your side, and continue/start a conversation with your partner.
9. Practice!

# Handshaking TIPS



1. Make eye contact **before** you begin moving your hand to shake.
2. When you are close enough, reach out your right hand with a **slight bend in the elbow** and your thumb pointed to the ceiling.
3. **Smile gently** as you reach out your hand to your partner.
4. Focus on the webbing of your hand (between your thumb and pointer finger) and **aim it** towards the webbing of your partners hand.
5. Once your hands lock together, squeeze your partners hand **firm but not hard**. Picture holding a gallon of milk, this should be how firm your hand should be when shaking hands.
6. Give **three** up-and-down shakes that only travel 1-2 inches up and 1-2 inches down.
7. **Keep eye contact** the entire handshake until you let go and keep a gentle smile on your face.
8. **Release hands**, put your hand down to your side, and continue/start a conversation with your partner.
9. **Practice!**